

Contents

	Page No
Foreward	01
Background	02
Circular	03
1.0 Guideline on the sale of food in the canteen	13 - 21
2.0 Maintaining the environment in a healthy school canteen	22 - 23
3.0 Safety of food	24 - 26
4.0 Model menus	27 - 31
5.0 Model exhibits and visuals to be displayed in and outside canteens	32 - 36

Under Scaling up Nutrition through a Multi-Sector Approach, Collaboration with School Nutrition & Health Services Branch, Ministry of Education & FAO –Project activity 1.11 a
Draft comprehensive guideline-evaluate, identify gaps & update individual on-going school food consumption initiatives/activities & integrate in to one guideline with the inclusion of healthy practices.

Foreward

The nutritional status of school children impacts on their health status, quality of life and learning achievement. The population of age 5 to 18 years spend more than 6 hours a day in school and the improvement of their nutritional status is an investment in achieving educational targets and development of human resources necessary for the advancement of the country.

Accordingly, guidance on proper food consumption at school and creating an environment to obtain healthy foods is essential. The school canteen has to play a major role in this task. The likes and dislikes of children as well as physiological needs have to be matched. Children are the precious assets in a school and in order to protect their health, guidance should be provided to have a canteen that provides adequate nutrition to assist in their physiological development.

With proper management of the school canteen, an environment to select healthy foods is created which prevents opportunities for the selection of unhealthy foods.

Also, proper use of the canteen premises to convey messages that promote a healthy life style will go a long way to improve the health of children.

Background

In Sri Lanka there are 4.1 million children studying in 10121 schools. It has been revealed that in all schools whether urban or rural, national or provincial there are children with nutritional deficiencies. Economic status is not the only factor that is responsible for this situation. Food practices, interest shown, awareness, availability of food are some other factors that are responsible. At present under-weight among school children is 20.6%, wasting 7.9%, overweight 2.4%. This picture varies from school to school and studies show that in some urban schools obesity is over 10%.

The government provides free education and is trying to improve learning achievement. It also has the responsibility of producing future generations with adequate nutrition. In order to improve the nutritional status of children the school canteen should be a place which provides healthy food at cheap prices.

The objectives of maintaining healthy school canteens are:

- Provide nutritious, wholesome food to school children
- Inculcate correct food practices and behaviour patterns among children
- Increase the percentage of children with adequate nutrition
- Reduce the incidence of non –communicable diseases
- Assist in improving learning achievement
- Convey proper nutrition messages to the community

By bringing about a positive change in food consumption at school, a trend towards building generations of children with proper nutrition can be established.

දුරකථන/දුරකථන අංකය / Telephone Nos.

අමාත්‍යවරයා
Minister } 2784832
Fax: 2784825

දෙපාර්තමේන්තු
Secretary } 2784812

තාක්ෂණික
Office } 2785141-56
Fax: 2784846

විද්‍යුත් තැපෑල / e-mail : isurupaya@moe.gov.lk

ඔබේ අංකය
Your No. }
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අධ්‍යාපන අමාත්‍යාංශය
கல்வி அமைச்சு
Ministry of Education

"Isurupaya"
"Isurupaya"
"Isurupaya"
Isurupaya

මගේ අංකය
My No. } ED/01/21/04/04

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Date } 2015.12.31

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සියලු ම විද්‍යාලපතිවරුන් වෙත

පාසල් තුළ සෞඛ්‍යාරක්ෂිත ආපන ශාලා පවත්වාගෙන යාම

මේ සම්බන්ධයෙන් මෙයට පෙර නිකුත් කර ඇති 2007/02 අංක දරණ 2007.01.10 දිනැති ව්‍යුලේඛය හා 2011/03 අංක දරණ 2011.01.18 දිනැති ව්‍යුලේඛය අභිබවා මෙම ව්‍යුලේඛය මින් ඉදිරියට වලංගු වේ.

පාසල් දරුවන්ගේ කායික මානසික වර්ධනය සහ සංවර්ධනය සඳහා සෞඛ්‍යය හා පෝෂණය ඉතා වැදගත් වේ. එසේ වුවද පසුගිය කාලය තුළ කරන ලද අධ්‍යයන තුළින් අනාවරණය වී ඇත්තේ දරුවන් විවිධ වූ පෝෂණ ගැටලුවලට ගොදුරු වී ඇති බවයි. මේ සඳහා ප්‍රධාන හේතු ලෙස වැරදි ආහාර පුරුදු දැක්විය හැකි ය.

සෞඛ්‍යාරක්ෂිත ආහාර දරුවාගේ ඉගෙනීම කෙරෙහි සංවර්ධනාත්මක බලපෑමක් ඇති කරයි. සෞඛ්‍යාරක්ෂිත හා පෝෂණදායී ආහාර ලබා නොගැනීම නිසා අධ්‍යාපන කටයුතු අඩාලවනවා සේම කෘෂ්ණ, මිරි බව, අධිබර, ස්පුලතාව වැනි පෝෂණ ගැටලුවලට ගොදුරු වීම ද ඒ නිසාම හෘද රෝග, දියවැඩියාව, පිළිකා වැනි බෝ නොවන රෝග සහ දත්ත ආබාධ වැනි වෙනත් ආබාධ වැළඳීමේ අවදානම ද වැඩි වී ඇත.

නිවැරදි ආහාර පුරුදු ගොඩනැගීම සඳහා අත්දැකීම් පාසල් පරිසරය තුළදී ම ලබා දීම ඉතා වැදගත් වේ. ඒ අනුව වර්තමානයේ ආපන ශාලා තුළ බහුල ව ඇති ක්ෂණික ආහාර හා කාබනික නිම වෙනුවට ශ්‍රී ලංකා සාතික පෝෂණ ප්‍රතිපත්තියට අනුව සෑම පුද්ගලයෙකුට ම නිසි පෝෂණ අවශ්‍යතා අවරණය වන පරිදි ප්‍රමාණාත්මක හා ගුණාත්මක බවින් යුක්තව ආහාර ලැබෙන බවට සහතික විය යුතු ය.

නිවැරදි පෝෂණ පුරුදු ඇති කිරීම සහ දැනුම ලබා දීම මෙන්ම ආහාර සුලබතාව, සුරක්ෂිත බව ඇති කිරීම සහ සාධාරණ මිල ගණන් යටතේ මිල දී ගැනීමේ හැකියාව ආපන ශාලා තුළින් අපේක්ෂා කෙරේ.

ඒ තුළින් පෝෂණ ගැටලුවලින් තොර නිරෝගී දරු පරපුරක් බිහි කිරීමට හැකිවනු ඇත.

මේ අනුව 2016 ජනවාරි මස ඇරඹෙන නව පාසල් වාරයත් සමඟ පාසල්වල ආපන ශාලා තුළ හා පාසල් පරිසරය තුළ ආහාර සැපයීමේ දී පහත නිර්ණායක අනුව ක්‍රියා කිරීම අනිවාර්යය වේ.

1. පාසල් ආපන ශාලාව පාසල් සංවර්ධන සමිතිය විසින් පවත්වා ගෙන යාම සහ ප්‍රසම්පාදන ක්‍රියාවලිය මගින් කොන්ත්‍රාත්කරුවකු වෙත පැවරීම පාසල් සංවර්ධන සමිතිය මගින් තීරණය කළ යුතු ය. කෙසේ වුවද පාසල් ආපන ශාලාව පවත්වා ගෙන යාම පිළිබඳ වගකීම් පාසල් සංවර්ධන සමිතිය සතු වේ.
 - a. 1980 අංක 26 දරණ ආහාර පනතේ විධි විධාන අනුව ද, 2003 අංක 09 දරණ පාරිභෝගික කටයුතු පිළිබඳ පනත සහ එහි විධි විධාන අනුව ද, සෑම පාසලක ම සිසුන්ට සෞඛ්‍යාරක්ෂිත ආහාර ලබා ගැනීමේ පහසුකම් හා පෝෂ්‍යදායී ආහාර ලබා ගැනීමේ පහසුකම් ඇති කිරීම හා ඒ පිළිබඳ සහතික වීම.
 - b. ආහාර සකස් කරන්නන්, ආහාර සපයන ස්ථාන හා භාවිත කරන උපකරණවල පරිත්‍රතාව පිළිබඳ සහතික වීම.
 - c. පාසල් ආපන ශාලා තුළ ප්‍රවර්ධනය කළ යුතු සෞඛ්‍යයට හිතකර ආහාර අලෙවිය දිරිමත් කිරීම.
 - d. පාසල් ආපන ශාලා තුළ කහනම් කරන ලද අධික තෙල්, අධික සීනි, අධික ලුණු සහිත ආහාර අලෙවි නොකිරීම.
2. පාසල් ආපන ශාලාව පවත්වා ගෙනයාම පාසල් සංවර්ධන සමිතියේ පූර්ණ වගකීම හා අධීක්ෂණය යටතේ සුභසාධන කටයුත්තක් සේ සලකා ක්‍රියාත්මක විය යුතු ය.
3. පාසල් ආපන ශාලා පවත්වා ගෙන යාම පිළිබඳ ඇගයීම හා නියාමනය සඳහා පාසල් සංවර්ධන සමිතිය විසින් අනු කමිටුවක් පත් කර වගකීම පැවරිය යුතු වේ. එය පාසල් “ආහාර කමිටුව” ලෙස නම් කෙරේ.

ආහාර කමිටුව විදුහල්පති හෝ විදුහල්පති විසින් නම් කරනු ලබන නියෝජ්‍ය විදුහල්පතිවරයකුගේ ප්‍රධානත්වයෙන් පැවැත්විය යුතු අතර, එහි සාමාජික සංඛ්‍යාව සාමාජිකයන් 06 න් 12 න් අතර සංඛ්‍යාවක් විය යුතු ය. එහි සංයුතිය පහත පරිදි විය යුතු ය.

- විදුහල්පති / නියෝජ්‍ය විදුහල්පති (කමිටු ප්‍රධානී)
- පාසල් සෞඛ්‍ය ප්‍රවර්ධන කටයුතු භාර ගුරු මහතා හෝ මහත්මිය
- වෙනත් ගුරුභවනෙකු
- පාසල අයත් ප්‍රදේශයේ මහජන සෞඛ්‍ය පරීක්ෂක
- පාසල් සෞඛ්‍ය ශිෂ්‍ය සමාජයේ සාමාජිකයකු
- පරිසර හට කණ්ඩායමේ සාමාජිකයකු
- ආදි ශිෂ්‍ය සංගමයේ සාමාජිකයකු
- පාසල් සංවර්ධන සමිතියේ සාමාජිකයකු
- ප්‍රධාන ශිෂ්‍ය නායක / නායිකාව හෝ වෙනත් ශිෂ්‍ය නායකයකු/ නායිකාවක්
- පාසල් පාරිභෝගික කවයක සාමාජිකයකු

4. පාසල තුළ පාසල් සංවර්ධන සමිතිය විසින් ආපන ශාලාවක් පවත්වා ගෙන යන්නේ නම් පාසල් සංවර්ධන සමිතිය කලාප අධ්‍යාපන අධ්‍යක්ෂ සමඟ ඒ පිළිබඳ ගිවිසුමකට එළඹිය යුතු අතර එහි පිටපතක් ආපන ශාලාව තුළ ප්‍රදර්ශනය කළ යුතු ය.
5. ආහාරවල මිල ගණන් තීරණය කිරීම ආහාර කමිටුවේ අනුමැතිය මත විය යුතු අතර සහනදායී මිල ගණන් යටතේ ආහාර ද්‍රව්‍ය ලබා දීමට කටයුතු කිරීම අනිවාර්යය වේ. මිල ගණන් වෙනස් කළ හැක්කේ ද ආහාර කමිටුවේ අනුමැතියකින් පමණක් වන අතර මිල දර්ශනය ආපන ශාලාව තුළ ප්‍රදර්ශනය විය යුතු ය.

6. පාසල් ආහාර කමිටුව මාසිකව රැස්විය යුතු අතර පාසල් වාරයකට වරක් පාසල් ආපන ශාලාව පිළිබඳ ඇගයීම් වාර්තාවක් පිළියෙල කර කොට්ඨාස භාර නියෝජ්‍ය/සහකාර අධ්‍යක්ෂ වෙත හා කලාප අධ්‍යාපන කාර්යාලයේ සෞඛ්‍ය ප්‍රවර්ධන කමිටුවට ඉදිරිපත් කළ යුතු ය.

7. පාසල් ආපන ශාලා පිළිබඳ සෞඛ්‍ය බැලීම කලාප අධ්‍යාපන අධ්‍යක්ෂගේ වහන්සීම වන අතර ඒ පිළිබඳ පසු විපරම් වාර්තාව පාසල් ආහාර කමිටුව වෙත ඉදිරිපත් කළ යුතු ය. ඒ අනුව පාසල් ආහාර කමිටුවෙන් අවශ්‍ය ක්‍රියාමාර්ග ගැනීම පිළිබඳ තහවුරුවක් කලාප අධ්‍යාපන අධ්‍යක්ෂ විසින් ලබා ගත යුතු වේ.

8. පාසල් ආපන ශාලාව හුදෙක් පාසලට ආදායම් ලැබෙන ස්ථානයක් පමණක් නොවිය යුතු අතර සිසුන්ගේ සෞඛ්‍යය හා පෝෂණය නගා සිටුවීමට දායක වන පරිදි සැලසුම් කළ යුතු ය. ආපන ශාලාවෙන් ලැබෙන ආදායම් පාසල් සංවර්ධන සමිති ගිණුමට බැර කළ යුතු ය.

පාසල් පරිසරය තුළ සෞඛ්‍යයට හා පෝෂණයට හිතකර ආහාර සැපයීම සිදුවන බවට මහජන සෞඛ්‍ය පරීක්ෂකගේ වාර්තාවක් පාසල් වාරයකට වරක් ලබා ගැනීම සුදුසු වේ.

මේ සම්බන්ධයෙන් අවශ්‍ය මහපොත්විම “පාසල් තුළ සෞඛ්‍යාරක්ෂිත ආපනශාලා පවත්වාගෙන යාම පිළිබඳ උපදෙස් සංග්‍රහය” තුළ ඇතුළත් වන අතර එයට අනුකූල ව ක්‍රියා කිරීමට කටයුතු කළ යුතු ය.

ඉහත ක්‍රියාමාර්ග අනුගමනය කිරීම මගින් පාසල් සිසුන්ගේ සෞඛ්‍යය හා පෝෂණ මට්ටම ප්‍රවර්ධනය වන ආකාරයට පාසල්වල ආපන ශාලා පවත්වා ගෙන යාම අපේක්ෂා කෙරේ.



ඩබ්ලිව්.එම්.රත්නසේන
ලේකම්
අධ්‍යාපන අමාත්‍යාංශය

- පිටපත-
01. ජනාධිපති ලේකම්, ජනාධිපති කාර්යාලය
 02. ලේකම්, සෞඛ්‍ය අමාත්‍යාංශය
 03. විගණකාධිපති
 04. සභාපති, පාරිභෝගික කටයුතු පිළිබඳ අධිකාරිය
 05. සියලු ම දිස්ත්‍රික් ලේකම් වරුන්
 06. විභාග කොමසාරිස්, විභාග දෙපාර්තමේන්තුව
 07. අධ්‍යක්ෂ ජනරාල්, ජාතික අධ්‍යාපන ආයතනය
 08. ප්‍රධාන කොමසාරිස්, අධ්‍යාපන විද්‍යාපීඨ ශාඛාව
 09. අධ්‍යාපන අමාත්‍යාංශයේ සියලු ම මාණ්ඩලික නිලධාරීන්

..... වර්ෂය සඳහා විද්‍යාලීය ආපන ශාලාව පවත්වාගෙන යාම
සඳහා වූ ගිවිසුම්පත

කොන්ත්‍රාත්කරුවකු මගින් පවත්වාගෙන යන්නේ නම් :

..... විද්‍යාලීය ආපන ශාලාව බදු දීම සම්බන්ධව පිළිගත්
වෙන්වීම් මණ්ඩලයක් මගින් දින කරන ලද තෝරා ගැනීමට අනුව පාසල්
සංවර්ධන සමිතිය විසින් ගන්නා ලද තීරණය පරිදි විද්‍යාලයේ
විදුහල්පති බදු දීමනාකරු ලෙස පළමුවෙනි පාර්ශවය වෙනුවෙන් ද
පදිංචි.....ජාතික හැඳුනුම්පත් අංක දරණ
මහතා බදු ගැණුම්කරු ලෙස දෙවන පාර්ශවය
වෙනුවෙන් ද පහත සඳහන් කොන්දේසි හා වගන්ති වලට යටත්ව මෙම ගිවිසුම ඇතිකර ගන්නා ලදී.

පාසල් සංවර්ධන සමිතිය මගින් පවත්වාගෙන යන්නේ නම් :

.....දින පාසල් සංවර්ධන සමිතිය විසින් තීරණය කළ පරිදි
..... කලාප අධ්‍යාපන අධ්‍යක්ෂ බදු දීමනාකරු ලෙස පළමුවෙනි පාර්ශවය
වෙනුවෙන් දපාසල් සංවර්ධන සමිතියේ සභාපති බදු
ගැණුම්කරු ලෙස දෙවන පාර්ශවය වෙනුවෙන් ද පහත සඳහන් කොන්දේසි හා වගන්ති වලට යටත්ව
මෙම ගිවිසුම ඇතිකර ගන්නා ලදී.

1. වික්‍රලේඛයට හා සෞඛ්‍ය අමාත්‍යාංශයේ ආහාර පනතට අනුකූලව පාසල්
ආපන ශාලාව පවත්වා ගෙන යා යුතු ය.
2. මෙම ගිවිසුම වලංගු වන්නේ පවත්නා වර්ෂයේ දෙසැම්බර් 31 දක්වා පමණි.
3. පාසල් ආහාර කමිටුවේ නියාමනය හා මහ පෙත්වීම යටතේ පවත්වා ගෙන යා යුතු ය.
4. ආහාරපානවල මිළ ගණන් සඳහා පාසල් ආහාර කමිටුවේ අනුමැතිය ලබාගත යුතු අතර ආපන
ශාලාවේ මිළ දර්ශකය පහත ආකෘතියට අනුව ප්‍රදර්ශනය කළ යුතු ය.

ආහාර වර්ගය	ප්‍රමාණය	මිල රු.

5. ආපන ශාලාව පවත්වා ගෙන යාම සඳහා සේවකයන් බඳවා ගැනීම, ඔවුන්ගේ වේතන ගෙවීම හා
විදුලිය සඳහා වියදම් ආපන ශාලාවේ ආදායමෙන් ම ආවරණය කරගත යුතු ය.
6. ආපන ශාලාව සෞඛ්‍යවත්ව පවත්වාගෙන යාමට භාවිත කරන සියලු ම භාණ්ඩ හා පරිසරය
නිරන්තරව පිරිසිදු හා ආරක්ෂාකාරීව පවත්වාගෙන යා යුතු ය.
7. ආපන ශාලාවේ සේවකයන් සඳහා හඳුනාගන්නා ලබාදිය යුතු අතර සෑම අවස්ථාවකදී ම එය පැළඳ
සිටිය යුතු ය.
8. ආපන ශාලාවේ සේවකයන් පාසල් භූමිය තුළ නිකරුණේ ගැටසිටි වළක්වා ගත යුතු වේ.
9. ආපන ශාලාවේ සේවකයන් සෑම වටම පිරිසිදු හා පූර්ණ ඇඳුමකින් සැරසී සිටිය යුතු අතර පාසලේ
නීති රීති වලට අනුකූලව ක්‍රියා කළ යුතු ය.
10. බාලිකාවන් ඉගෙනුම ලබන පාසලක් නම් අවම වශයෙන් එක් කාන්තා සේවකාවක්වත් සේවක
මණ්ඩලයට අයත් විය යුතු ය.
11. පාසලේ විදුහල්පතිගේ අවසරයකින් තොරව පාසල් වේලාවෙන් පසුව ආපන ශාලාවේ රැඳී
නොසිටිය යුතු ය.

2. රජයේ අනුමත පාසල් දිනවල දී ආපන ශාලාව විවෘතව තිබිය යුතු කාලය පෙ.ව.7.00 සිට ප.ව.2.30 දක්වා වන අතර, පාසලේ අවශ්‍යතාවය මත අමතර කාලයක් විවෘත කොට තබා ගන්නේ නම් විදුහල්පති/ කලාප අධ්‍යාපන අධ්‍යක්ෂගේ අනුමැතිය මත තීරණය කර ගත හැකි ය.
3. විශේෂ අවස්ථාවල දී, නිවාඩු දිනවල දී වුව ද ආපන ශාලාව විවෘත කළ යුතු අතර, පාසලේ අවශ්‍යතාවය මත අමතර කාලයක් විවෘත කොට තබා ගන්නේ නම් විදුහල්පති/ කලාප අධ්‍යාපන අධ්‍යක්ෂගේ අනුමැතිය මත තීරණය කර ගත හැකි ය.
4. ආහාර ද්‍රව්‍ය වලට අමතර වෙනත් ඕනෑම ද්‍රව්‍යයක් ආපන ශාලාව තුළ අලෙවි කළ හැක්කේ ආහාර කමිටුවේ අනුමැතිය මත පමණි.
5. චක්‍රලේඛ අංක 35/2015 අනුව ගුණාත්මක හා ප්‍රමාණාත්මක ලෙස ආහාර සැපයිය යුතු ය.
6. පාසල සතු කිසිදු භාණ්ඩයක් විදුහල්පතිගේ ලිඛිත අවසරයක් නොමැතිව කිසිම විටක බැහැරට ගෙන යාම නොකළ යුතු ය.
7. ආපන ශාලාව පවත්වාගෙන යාම පාසල් සංවර්ධන සමිතියේ පූර්ණ වගකීම හා අධීක්ෂණය යටතේ සිදුවිය යුතු ය.

බද ද ඉහත සඳහන් ප්‍රධාන කොන්දේසි වලට අමතරව යථෝක්ත ආපන ශාලා ගිවිසුම් පත්‍රය ඉදිරිපත් බිවීමේ දී එම ඇමුණුමෙහි සඳහන් සියලු ම කොන්දේසි හා නියමයන් කඩ නොකරන බවට දෙවැනි පාර්ශවය එකඟ වේ.

ළමුවෙහි පාර්ශවය

බද දීමනාකරු

.....

ජා.හැ. අංකය

කලාප අධ්‍යාපන අධ්‍යක්ෂ/විදුහල්පති)

රාක්ෂි 1. නම -

අත්සන -

ජා.හැ. අංකය -

දෙවැනි පාර්ශවය

බදු ගැණුම්කරු

.....

ජා.හැ. අංකය

2. නම -

අත්සන -

ජා.හැ. අංකය -

දුරකථන/தொலைபேசி இல./ Telephone Nos.

අමාත්‍යවරයා
அமைச்சர் } 2784832
Minister } Fax: 2784825

සекретарь
செகரட்டரி } 2784812
Secretary }

කාර්යාලය
அலுவலகம் } 2785141-50
Office } Fax: 2784846

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கல்வி அமைச்சு
Ministry of Education

"සූරපායා"
சீரப்பாடி :

இசுரூபாயன்
பத்திரமுல்லை,
"Isurupaya"
Battaramulla.

මගේ අංකය
எமது இல. } ED/01/21/04/04
My No. }

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திகதி } 2015.12.31
Date }

Circular No. 35/2015

To All:
Chief Secretaries of Provinces
Secretaries of Provincial Ministry of Education
Provincial Directors of Education
Zonal Directors of Education
Principals of schools

Maintenance of Healthy Canteens in Schools

Henceforth the provisions of this circular supersede the circular no. 2007/2 of 2007.01.10 and circular No. 2011/03 of 2011.01.18 on the above subject.

Health and nutrition is crucial for the physical growth and mental development of school children. But studies carried out in the recent past show that children are suffering from various nutritional deficiencies. The main reason for this state of affairs is wrong food practices.

Healthy foods have an impact on learning achievement of the child. Lack of healthy and nutritious food affects learning, lead to nutritional problems like underweight, stunting, overweight and obesity and may cause non-communicable diseases such as heart disease, diabetes, cancer and dental problems.

It is important to inculcate correct food habits in the school. It is necessary to ensure that instead of instant foods and carbonated drinks, every person takes adequate quantity of quality food as indicated in the National Nutrition Policy.

Creating awareness of correct nutritional practices and making such foods available, ensuring the safety of food and providing food at a reasonable price are expected of school canteens.

It will lead to the creation of a healthy generation of children devoid of nutritional problems.

Accordingly, from the school term commencing in January 2016, it is compulsory that the following criteria should be followed in supplying food in the school canteen as well as in the school environment.

1. The School Development Society must decide whether the school canteen is run by the School Development Society or by a contractor selected according to the procurement procedure. Whatever procedure is adopted, the responsibility for the school canteen is with the School Development Society.

- (a) Ensure that facilities are available in all schools for students to obtain healthy foods in terms of the provisions of Food Act no. 26 of 1980 and the Consumer Protection Act no. 09 of 2003.
- (b) Ensure the standards of cleanliness of persons handling food, places from where food is supplied and the utensils used in the preparation of food are clean.
- (c) Encourage the sale of healthy foods in the canteen.
- (d) Prohibit the sale of unhealthy foods with too much of oil, sugar, or salt.

2. Running of canteens should be a welfare activity, under the full responsibility and supervision of the School Development Society.

3. The School Development Society should appoint a sub-committee designated as "The Food Committee" vested with the responsibility of evaluation and monitoring the running of the canteen.

The Food Committee should function headed by the principal or a deputy principal nominated by the principal consisting of 6 to 12 members. Its composition should be as follows:

- Principal/Deputy Principal (head of the committee)
 - Teacher in charge of School Health Promotion
 - Another teacher
 - PHI of the area
 - A member of the School Health Club
 - A member of the Environmental Brigade
 - A member of the Past Pupils Association
 - A member of the School Development Society
 - Head Prefect or another Prefect
 - A member of the School Consumer Society
4. If the canteen is run by the School Development Society, it should enter in to an agreement with the Zonal Director of Education. A copy of the agreement should be exhibited in the canteen.

5. The prices of food items should be approved by the Food Committee and such prices should be fair. Variation of prices is subject to approval of the Food Committee and the price list must be displayed in the canteen.
6. Meetings of the Food Committee should be held monthly and an evaluation report on the canteen should be submitted to the Divisional Deputy/ Assistant director and the Health Promotion Committee of the zone.
7. It is the responsibility of the Zonal Director of Education to examine school canteens and submit a follow up report to the Food Committee. The Zonal Director of Education should obtain a report from the School Food Committee certifying that the recommended actions have been taken.
8. School canteens should not be taken as only a source of income for the school, but designed as a place for enhancing the health and nutrition of pupils.

It is desirable to obtain a report from the PHI of the area that the foods served in the school environment are healthy and nutritious.

Guidelines on this matter is given in the “Manual on Maintaining Healthy Canteens in Schools” and these guideline must be followed.

It is expected that following the above guideline in running school canteens will promote the health and nutrition of school children.

W.M.Bandusena
Secretary
Ministry of Education

Copies:

1. Secretary to the President
2. Secretary, Ministry of Health
3. Auditor- General
4. Chairman, Consumer Affairs Authority
5. All District Secretaries
6. Commissioner General of Examinations, Department of Examinations
7. Director General National Institute of Education
8. Chief Commissioner National Colleges of Education
9. All Staff Officers of the Ministry of Education

Agreement for the running of the school canteen for the year.....
If the canteen is run by a contractor:

This agreement has been entered in to by the principal of as the lessor, being the first party and residing atbearing National Identity Card No.as the lessee, being the second party, in terms of a decision ratified by the School Development Society, based on a decision of the Tender Board taken onon leasing the school canteen subject to the following conditions:

If the canteen is managed by the School Development Society:

This agreement has been entered in to by the Zonal Director of Educationas the lessor, being the first party and the president of the School Development Society.....as the lessee, being the second party, on a decision taken at a meeting of the School Development Society, held on subject to the following conditions:

1. The school canteen should be maintained according to the provisions of circularand the Food Act of the Ministry of Health
2. This agreement is valid until 31st December of the current year
3. The canteen should be maintained according to the guidance and monitoring of the School Food Committee
4. The rates charged for various items of food should be approved by the Food Committee and the list of prices should be displayed according to the following format:

Name of Food item	Size/ specification	Price in Rs.

5. Recruitment of staff for running the canteen, payments to them and payment of electricity bills should be covered from the income of the canteen
6. In order to maintain a healthy canteen, the utensils used and the environment should be kept clean regularly
7. All staff of the canteen should be provided with identification cards and they should always wear it.
8. The canteen staff should not loiter in the school premises

9. The canteen staff should be clean, wear a full dress and observe the rules of the school
10. If there are girls in the school at least one of the staff should be a lady
11. The staff should not stay after school without the approval of the principal
12. The canteen should be open from 7.00 a.m to 2.30 p.m. on approved school days and if on the needs of the school it should be kept open after that, the decision should be taken by the principal/ Zonal Director of Education.
13. If the canteen has to be kept open during school holidays due to the needs of the school approval of the principal/ Zonal Director of Education should be obtained.
14. Items other than food items can be sold in the canteen subject to the approval of the Food Committee.
15. The quantity and quality of food supplied should be in terms of circular no. 35 of 2015.
16. Anything belonging to the school should not be removed without the permission of the principal.
17. Maintenance of the canteen should be under the total responsibility and supervision of the School Development Society.

Further in addition to the conditions stated above, the second party agrees to abide by the additional conditions stated in annexes.

First party

Lessor

.....

N.I.D. No
(Zonal Director/ Principal)
Of Education

Second party

Lessee

.....

N.I.D. No

Witnesses: 1 Name.....
Signature.....
N. I.D. No.

2. Name.....
Signature.....
N.I.D. No.

1.0 Guidance on sale of food items in the canteen

1.1 Encourage supply and intake of healthy foods daily

1.1.1 Provide daily, adequate quantities of food including cereals and cereal based products/tubers

These provide mainly the energy required for daily activities and nutrients necessary for bodily growth,

Rice (In Sri Lanka the popular main meal is rice)

In addition

- Cereals such as maize and kurakkan
- Food prepared with rice flour or Oorid dhal
- Food prepared with Atta flour
- Jack and Breadfruit which contains Carbohydrates
- Tubers like Manioc, Sweet- potatoes, Innala and Kiri-ala can be used very often

Accordingly, Kurakkan, Maize, Wheat-based rice, Corn ,Chapathi, Those, Idly, Rotti mixed with vegetables, Noodles made with rice flour, Halapa, Wandu , Hoppers , Uppuma, String Hoppers, Pittu, Lavariya, Kurakkan thalapa, Kurakkan porridge, Oorid wade, Dhal wade etc. can be added.

In the outer covering of a wheat seed there are vitamins, protein and fibre, while kernel consists of starch. In Sri Lanka cleaned wheat flour after removing the outer covering is used for making bread and flour based products. Such wheat flour is inimical to health and its use must be minimized. The quantity of consumption of such foods should be minimized by taking more of fruits and vegetables.

1.1.2 Vegetables and leafy vegetables



Leafy vegetables- kankun, spinach, gotukola, sarana, mukunuwenna, kathurumurunga, thampala, murunga

Other vegetables- carrots, beet-root, pumpkin, snake-gourd, ringed gourd, batu, ash plantain, okra(ladies fingers), tomatoes etc.

1.1.3 Local natural fruits

There are plenty of local fruits in Sri Lanka (Bannanas, papaya, guava, nelli, wood-apple, pine-apple, oranges, avacado, veralu, jambu, gal -si-yambala, mathan, anoda, tamarind, gaduguda, ambilla, lovi, beli, etc.

- Packed pieces of fresh fruits
- Dried fruits,
E.g. dates and grapes



1.1.4 Animal foods and lentils

- Meat, fish, eggs, dry fish, e.g. (sprats)
- Dhal, green –gram, cow-pea, gram etc,
- Liquid milk, Yogurt (liquid yogurt or set yogurt) curd and milk products
(Preserved dairy products by refer methods such as stirlization, pasteurization, high temperature preservention)



1.1.5 Drinks

Water, milk, natural fruit juice, leaf cunjee (Gotukola, wel-penela, hathawariya,) King coconut, young coconut, Iramusu, Belimal, ranawara



1.2 Foods prohibited for sale in school canteens

1.2.1 Foods containing Fats and trans-fats (Type of lipid that badly affected on human body)

- ✓ The trend towards the increase of Non- communicable diseases such as obesity, diabetes, high –blood pressure, heart disease and some kinds of cancer are due to taking too much of oil and trans-fats,
- ✓ Oil and fats may provide 30% of the energy required for the growth of a child only 10% of that should be from saturated fats and trans-fats only less than 1%.

The following foods contain more saturated fats or trans-fats. Such foods should be prohibited in school canteens.

- ✓ Processed meat – ham, sausages, brockworst, lingus, bacon or foods made with these,
- ✓ Pastries and puffs
- ✓ Deep fried foods, rolls, patties, samoza, cutlets, fried potatoes and manioc,
- ✓ Processed meat fish and products

1.2.2 Foods with too much sugar

Sugar is found in all kind of foods. Daily need of sugar is found in the foods that we consume. Therefore foods containing too much of sugar should not be made available for sale.

- ✓ Sugar required for the body is obtained from the staple food rice, starchy foods and natural foods like fruits. (Taking excess sugar leads to obesity. Obesity causes non-communicable diseases).
- ✓ Availability of foods with too much of sugar will make children used to sweets. Addiction to such non-nutritious foods is a threat to their future health.

As such, following kinds of food with too much of sugar should not be made available in school canteens.

- ✓ Chocolates, Dough -nuts, Eclairs, Chocolate- biscuits, Chocolate- cakes, Cream- biscuits, Chocolate- biscuit puddings
- ✓ Carbonated (Carbondioxide added) and/or sweet drinks or Colas added with artificial colourings or taste enhancing additives
- ✓ Cakes with icing
- ✓ All kinds of biscuits
- ✓ Energy drinks
- Drinks which produce energy only from sugar or energy drinks with caffeine and similar drinks(Cordials, artificial fruit drinks, cool drinks)

In preparing these items, the use of chemicals for preservation, colourings, taste enhancers and aeromatic agents may cause allergies, rhinitis, asthma and cancers. Also, when children get used to sweet drinks they lose the appetite to have the main meals.

1.2.3 Foods with too much of salt and taste enhancers (Mono-Sodium Glutamate –(MSG), Disodiums Gaanlate, INS 621, Disodim-Inosinate 631)

- The daily requirement of salt a person requires is available in the main meals. Taking food items with excess salt causes non-communicable diseases such as High Blood Pressure. Children getting used to food with too much of salt is a threat to their future health.

Research has shown that taking MSG in excess causes weak bone formation and mental disorders.

As such the sale of following items which contain too much of salt are prohibited in school canteens.

- ✓ Salted groundnuts, gram, cashew nuts
- ✓ Pickles in packed form
- ✓ Soup cubes and instant soup mixtures
- ✓ Processed instant noodles
- ✓ Processed short eats mixed with salt e.g. bytes, pop corn

1.2.4 Non nutritious foods with empty calories

- ✓ Good nutrition requires a balanced meal. If foods with empty calories are taken children lose their appetite and forego the normal meal. Getting used to these kinds of foods affects the nutritional status of children

The following empty foods are banned in school canteens



- Sweets, chewing gum, toffees, packets of ice, ice palam, Lolly pops, jelly, boondi with too much sugar and colourings, kisses, jujubes, Bombay mottai, bulto

1.2.5 Foods containing alcohol or alcoholic substances

E.g. Drinks containing alcohol such as Alco-pops and Babul, Beda etc.

1.2.6 Processed Foods

Processed foods are foods prepared using artificial methods for preservation. In these foods fibre and micro – nutrients are minimal and fats, salt, and sugar are in excess. In most instances artificial chemicals are added which is detrimental to health.

Instant noodles, sausages, meat – balls fall in to this category.

1.3 Draw your attention to the Food Pyramid designed by the Ministry of Health to promote healthy foods.



First group: Cereals, cereal products, tubers

Second group: Fruits

Third group : Vegetables and leaves

Fourth group: Foods with proteins (Meat, fish, eggs, dry fish and lentils)

Fifth group: milk and milk products

Sixth group : Oily nuts and fruits (Pea-nut, Cashew nut, Sessamy etc.)

1.3.1 Covering all food groups

Daily menu should cover all groups of food and food supplied should include all these groups

1.4 Diversity of food supplied daily

There should be at least 4 menus in order to provide a choice for students



The best drink is water. Other drinks like young coconut, king coconut, natural fruit drinks, tea, coffee, soups, leaf- cunjee and herbal drinks like beli-mal can be made available. It is essential that if bottled water is provided the brand should be registered with the Ministry of Health. The best is to provide clean tap water or use filtered water.

1.5 Sale of milk and milk products

Sale of milk and milk products should be promoted. Fresh milk is better than powdered milk as it contains natural nutrients and does not contain artificial chemicals. Daily, 1-2 glasses of milk or a cup of Yogurt or curd and other milk products can be taken. This helps to prevent “osteoporosis” or deterioration of bones.



It is better to sell fresh milk. In the absence of fresh milk, milk- based drinks can be used but be careful about its composition. Malted drinks and chocolate drinks should not be made available.

Sale of milk, curd, and yogurt is desirable. Cheese and butter can be added to other foods. In selling yogurt only probiotics should be made available.

1.6 Use of Iodised salt in preparation of food

The main source of sodium in food is salt. Salt is an essential nutrient to maintain the balance of the body. As there is a direct relationship between salt intake and high blood pressure use of salt should be controlled.

The daily need of salt per person is about one tea spoon. Hence use of salt should be limited as far as possible. Salt should be added only when essential. Salt should not be added to rice, cut-fruits and fruit drinks.



Always use iodised salt. Use of taste- enhancers should never be done in place of salt. Taste enhancers like Mono Sodium Glutamate (MSG) Disodiums Gaanlate, INS 621, and Disodiums-Inosinate INS 631 should never be mixed with food.

1.7 Sale of food cooked using oil

Use of too much of oil, particularly, oils with saturated fats may cause non –communicable diseases like heart problems, stroke, diabetes and cancer.

As such:



- Use only coconut oil for deep-frying (do not use vegetable oils such as palm oil)
- Limit the sale of deep-fried items of food
- Oil used for deep frying should not be used again and again (trans-fats which are harmful to the body is produced)
- Oils such as gingerly oil, olive oil, canola oil, sun-flower oil, maize oil, and soya oil can be used for tempering and roasting food

1.8 Sale of nuts and fruits which contain oils conducive to health

- Ground-nuts, gingerly, cashew- nuts and such kinds of nuts
- Avacado (as a drink or pieces)



2.0 Maintaining the environment of a healthy canteen

2.1 Availability of pure water for drinking:

- Pure water should be available for students to drink after eating food
- Drinking water should be available
- It is desirable to provide boiled, cooled water for drinking
- If the source of water is from a well, its quality should be assured by the PHI



2.2 *Create awareness among children*

Notices, pamphlets, or banners on healthy foods and life styles should be displayed in the canteen

In this regard, the posters prepared and supplied by the Ministry of Health giving the following information should be displayed

- The calorie content of food
- Colour chart for selection of food



These will guide children to buy healthy foods. As far as possible foods indicated in the green spectrum should be promoted and foods mentioned in the red spectrum should not be made available.

Why foods in the green spectrum should be promoted:

- ✓ As they provide daily nutrients necessary for the body
- ✓ As there is less saturated fat and less addition of sugar and salt
- ✓ As the amount of calories added to the body is less

Further a chart showing the prices of foods should be exhibited. The prices of foods should be reasonable and charging high prices may discourage children from consuming healthy foods.

3.0 Food safety

Preparation and storing of food safely is the responsibility of those who are running the canteen as well as the school authorities who are expected to looking into these matters.

3.1 The canteen and its environment – maintenance of cleanliness inside as well as outside the canteen.

- ✓ The place should be free of foul smells and smoke
- ✓ There should not be animals such as flies, cockroaches, ants, dogs, cats and rats
- ✓ The environment should be appreciative
- ✓ There should not be toilets and open drains in the vicinity
- ✓ The drainage system should be well maintained
- ✓ There should be enough ventilation and room for fresh air
- ✓ The windows should be covered with nets to prevent the entry of animals and insects



3.2 Supply of pure water

- ✓ Water for washing hands with soap before taking food
- ✓ Facilities to store water
- ✓ Water for cleaning the premises
- ✓ Obtain a certificate that the water used for cooking and drinking is free of bacteria and chemicals

3.3 Garbage management

- ✓ Using proper methods for disposal of garbage (Use containers with different colours)
- ✓ Containers used for removal of garbage are covered with lids
- ✓ Waste water be removed through a covered drain



3.4 Storage and display of food

- ✓ Keep food in glass cupboards in suitable containers to safeguard from insects and dust
- ✓ Cooked food should be put in covered containers or in closed cupboards
- ✓ Food for sale should be covered with transparent glass or plastic covers
- ✓ The containers with cooked food should be placed in stands at least three feet from the ground
- ✓ The heat level of frozen foods should be maintained at proper levels
- ✓ Cooked food and uncooked food should not be stored together
- ✓ Avoid using printed paper for keeping or wrapping food.



3.5 Preparation and distribution of food

- ✓ Facilities should be provided for washing hands with soap before preparation and taking food
- ✓ In serving food in school canteens, hands of servers be covered with protective gloves and use appropriate instruments
- ✓ In making food parcels only approved white paper should be used
- ✓ Use clean water in preparation of food
- ✓ Not more than one tea spoon of sugar be used for a cup of (200ml) drinks, tea or fruit juice



4.0 Model recipes of Menu

4.0 Model recipes of Menu

Menu 01

Vegetable rice, devilled (without taste enhancers) soya meat, potato curry, carrot salad with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Samba rice /white raw rice	100	150(2 cups)
Soya meat	20	2 Table Spoons
Potato	30	2 Table Spoons
Carrot(Salad)	15	1 Table Spoons
Big onions	20	
Capsicum	10	
Tomato	20	
Leeks	10	
Beans	10	
Cabbage	10	
Oil	10(2 Tea Spoons)	
CoConut	30(2 Table Spoons)	

Menu 02

Yellow rice, salmon/fish curry, brinjal moju, tomato ritha salad with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Samba / raw rice	100	150(2 cups)
Salmon/ fish	30	2 Table Spoons
Brinjal	30	2 Table Spoons
Tomato	20	} 2 Table Spoons
Big onion	20	
Curd	10(2 Tea Spoons)	
Oil	10(2 Tea Spoons)	
Coconut	30(2 Table Spoons)	

Menu 03

String hoppers, dhal curry, coconut sambol/ seeni sambol, Polos curry with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
White raw rice/ red raw rice/ rice flour	100	150(12 String hoppers)
Dhal	30	2 Table Spoons
Coconut/ big onions /Polos	15/15/20	1 Table Spoons
Coconut	30(2 Table Spoons)	
Oil	10(2 Tea Spoons)	

Menu 04

Vegetable Noodles, Meat curry, Ambarella/ mango chutney with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Noodles	100	150(2 Cups)
Carrot, cabbage, beans, leeks/ murunga leaves	10 for each }	
Ambarella/Mango	20	1 Table Spoons
Meat	30	2 Table Spoons
Big onions	10	
Coconut	30(2 Table Spoons)	
Oil	10(2 Tea Spoons)	

Menu 05

Rotti with green leaves, seeni sambol/Chillie sambol, fish/ salmon curry with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Flour	75	} 2 Rotti
Coconut	30	
Katurumurunga, Murunga leaves, Mukunuwenna	10	
Onions	15	2 Tea Spoons
Fish/salmon	30	2 Table Spoons
Coconut	30(2 Table Spoons)	
Oil	10(2 Tea Spoons)	

Menu 06

Chapathi/Parata, Potato curry / gram curry, mixed vegetable curry, Coconut chutny with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Atta flour	100	2Chapathi/Parata
Potato	30	2 Table Spoons
Carrot, green peace ,onions, beans, brinjals	10 for each	2 Table Spoons
Gram	30	2 Table Spoons
Coconut	40(2 $\frac{1}{2}$ Table Spoons)	
Oil	10 (2 Tea Spoons)	

Menu 07

Boiled green gram, Coconut, Chillie sambol, mixed vegetable curry with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Green gram	75	1½Cups
Coconut	20	1½ Table Spoons
Carrot, green peace , onions, beans , brinjals	10 for each	2 Table Spoons

Menu 08

Boiled manioc, coconut, fried dry-fish, green leaves sambol with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Manioc	80	4 Big Pieces
Coconut	30	2 Table Spoons
Dry fish	20	One inch of cube
Gotukola/ Passion fruit leaves/ Thebukola/ kiriangua kola	15	1Table Spoons
Oil	10(2 Tea Spoons)	

Menu 09

Nadu/ raw- red/white rice, green leaves, ambralla/mango curry, sweet-potato curry, fried small fish with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Nadu, raw red/white rice	100	150(2 Cups)
Mukunuwenna/ kathurumurunga/ murunga leaves	15	1 Table Spoons
Coconut	10	
Small fish (Salaya/Hadalla/ sprats)	40	2-3 Fish
Sweet potato	25	2 Table Spoons
Mango/Ambaralla	30	1 Table Spoons

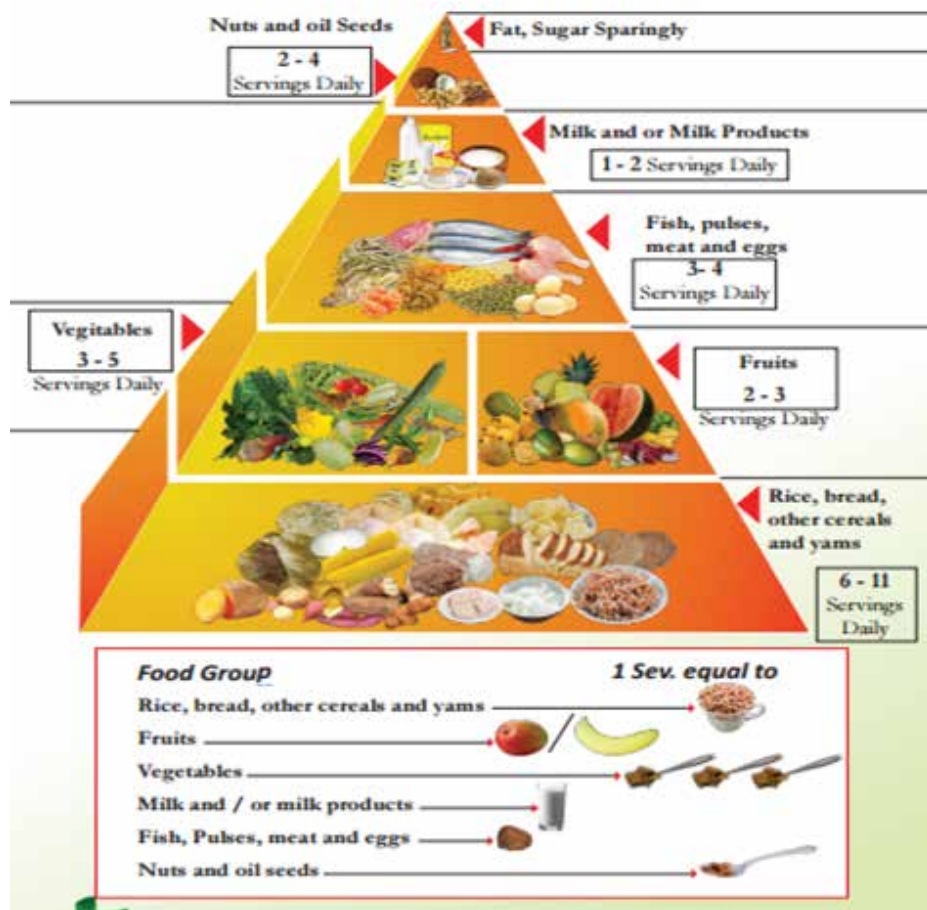
Menu 10

Parboiled rice, Pumpkin curry, mixed green leaf mullum, sprats & mixed brinjal moju, tomato salad with a local fruit

Ration for the meal	Quantity of food (gms)	
	Uncooked food (gms)	cooked food (gms)
Rice	100	150(2 Cups)
Pumpkin	30	2 Table Spoons
Mukunuwenna, kathurumurunga, murunga leaves, passion fruit leaves	15	2 Table Spoons
Coconut	5	
Spratts	10	
Brinjal	15	2 Tea Spoons
Onions	10	
Tomatoes	10	
Oil	10(2 Tea Spoons)	
Coconut	20(1 ½ Table Spoons)	

5.0 Exhibits for display in and outside the canteen

FOOD PYRAMID



Use colour code for selecting food

Best Choice

Natural food with essential nutrients

cereals

fruits & vegetables
fish, egg, dry fish, lean meat,
pulses, milk, milk products

Include food from all groups in adequate quantity for achieving healthy life & proper weight



Select carefully

Caloric food with excess amount of sugar, salt & oil, but they may have some nutritive value

Regular intake in large portions may lead to diabetes, hypertension & heart diseases



Occasionally

High caloric food with excess amount of sugar, salt & oil

Regular intake may lead to diabetes, stroke, Heart Disease, and cancer



Nutrition Division - Ministry of Health



World Health Organization

Select food on your daily calorie need

daily calorie need of a Moderate active male	(30-60 years)	2850 k cal
daily calorie need of a Sedentary male	(30-60 years)	2375 k cal
daily calorie need of a Moderate active female	(30-60 years)	2350 k cal
daily calorie need of a Sedentary female	(30-60 years)	1950 k cal

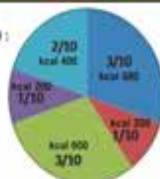
RDA 2007/MPJ

calorie values of common food item (approximately)

Food Category	Energy (K cal)
1 cup of cooked rice (130-140)	-180 k cal
3 table spoon of vegetables (50g)	-25-40 Kcal
3 table spoon of leafy vegetables (50g)	-25-40 kcal
1 table spoon of pol sambol	-58 kcal
fish/meat 30/40 g	-40-80 kcal
1 boiled egg (50 g)	-75 kcal
egg omelet	-89 kcal
1 table spoon of boiled dhal	-35 kcal
1 tea cup of boiled mung bean (150g)	-150-170 k cal
1 tea cup of boiled kadala (150g)	-150-200kcal
one slice of pittu (50g)	-141 kcal
six sting hoppers (75g)	-120-130 k cal
two slices of bread (50g)	-125 kcal
one thosai (50g)	-80 kcal
one pizza (100g)	-271 kcal
medium size rotti (50g)	-171 kcal
one hopper (50g)	-80 kcal
1 cup of tea	-90 kcal
(3 tea spoon of milk powder + one tea spoon of sugar)	
Plain tea (two tea spoon of sugar)	-32 kcal
Chinese roll	-124 kcal
Dhal wade (50g)	-75 - 100 kcal
One bun(50g)	-155 kcal
One Yoghurt (100ml)	-60 - 80 kcal
Curd (100g)	-60 kcal
One banana (100g)	-95 kcal
One apple (100g)	-48 kcal
Two slices of pine apple (100g)	-46 kcal
One orange (100g)	-48 kcal
Papaw 100g	-32 kcal
Cofa (300ml)	-88 kcal
Chocolate cake (40g)	-143 kcal
Cashew nut (28g)	-160 kcal

Distribute your daily calorie need throughout your meals

If your daily calorie requirement is 2000 :



- 3/10 break fast
- 1/10 morning snack
- 3/10 lunch
- 1/10 evening snack
- 2/10 dinner

Eat variety of foods every day covering all six food groups



1. Eat cereal based foods three times a day

2. Vegetables & Fruits
Eat plenty of Vegetables and Fruits

3. Include fish, egg, sprats, dried fish, poultry, lean meat & pulses into your daily diet.

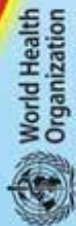
4. Consume milk & milk based products daily

5. Include fish, gingelly, cashew nut, pea nut, kottan and avocado as sources of healthy fat.

6. Limit food with high high fat, sugar & salt



Nutrition Division - Ministry of Health



Nutritional needs of school children							
Sex	Age in yrs	Energy (kcl)	Protein (gms)	Iron (mg)	Calcium (mg)	Vitamin A (mcg)	Vitamin C (mg)
Male	6 – 9	1775	35	16	700	500	35
	10-11	2250	48	23	1000	600	40
	12-15	2875	69	30	1000	600	40
Female	6 – 9	1725	34	16	700	500	35
	10-11	2100	50	22	1000	600	40
	12-15	2400	65	36(25)	1000	600	40

Source: MedicalResearch Institute -2007

FRONT ELEVATION

